

Jim Jarvis Memorial Playing Field Action Stations



Ski Stepper
Provides an excellent low impact work-out. Helps improve cardiovascular fitness, balance and coordination.



Pull Down Challenger
Helps the development of upper body muscles; chest, shoulders and back. Improves the flexibility and the agility of joints.



Leg stretch
Helps to develop balance and flexibility. Ideal to use before any serious exercise.



Mini Ski
Helps tone up areas around the waist, hips and thighs. Improves the general coordination of the body.



Handle Boat
Helps the development of body muscles; arms, legs, abdomen. Improves the flexibility and provides cardiovascular and toning benefits for all.

Warning:
If you have a medical condition you should contact your doctor prior to using this equipment. If you feel ill or experience severe pain during any of the exercise routines, stop and contact your doctor immediately.
If any damage is identified please do not use the equipment and report it immediately to the Operator.
Please note this equipment is not suitable for children's play.




Adult fitness
equipment
at the
Jim Jarvis
Memorial
Playing Field
Haughton



The five pieces of SMP adult fitness equipment and explanatory notice were installed on the Jim Jarvis Memorial Playing Field on September 29th 2012.



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